

exercise class programme

Summerfields Leisure Centre

Accurate as of 04/12/2023

Times for Sunday 12 February



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Zumba	dance studio	Karina	
9:00 am - 10:00 am	MyRide Tour	spin studio		
9:15 am - 10:15 am	Aqua Aerobics	indoor pool (25m)	Zara	
10:00 am - 11:00 am	Freedom Indoor Cycling	spin studio	Natalie	
10:00 am - 11:00 am	Total Body Conditioning	dance studio	Karina	
11:00 am - 12:00 pm	MyRide Virtual	spin studio		
1:00 pm - 2:00 pm	MyRide Studio	spin studio		
2:10 pm - 3:00 pm	MyRide Tour	spin studio		
4:00 pm - 5:00 pm	MyRide Virtual	spin studio		